

You do not have to change for 2007

Once a year we send you a notice about our Healthy Options managed care plans and tribal clinics. Right now your plan is:

INSERT CURRENT HEALTH PLAN HERE

If you do nothing, you will stay with this health plan or clinic for 2007. Your other choices are:

INSERT PLAN A CHOICE with phone #
INSERT PLAN B CHOICE with phone #
INSERT PLAN C CHOICE with phone #
INSERT PLAN D CHOICE with phone #
INSERT PLAN D CHOICE with phone #

You can change plans anytime. If you want to change, follow these 3 steps:

1. *Important!* Check with your doctor. Be sure they work with the new plan.
2. Circle the new plan above.
3. Refold this letter with the business reply address on the outside. Put it in the mail. No stamp is needed.

Did you know all health plans cover “well-child” doctor visits, childhood immunizations, and follow-up care!

If you would like specific information about a health plan, please call them at the number listed above. They can tell you about any special benefits they may cover, physician incentive plans, and give you a list of their network providers.

If you want to know more about medical benefits, check the box below. Or, see the website:
<http://www1.dshs.wa.gov/pdf/Publications/22-542.pdf>.

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Please send me “Your Medical Benefit Book.” I want to learn more about:

- health care rights,
- covered services,
- fee-for-service and managed care,
- health plan survey results and more.

If you have other questions, call:

1-800-562-3022

Monday through Friday 7:00 a.m. to 6:00 p.m.

Use the automated system at any time by calling and pressing 1, then 1 again.

TTY/TTD users call 711 or 1-800-848-5429

(This letter has the most current plan information. Plans can change at any time.)

If you are an American Indian or Alaska Native you have these three choices:

- ❖ You can choose a Tribal clinic or health center (Primary Care Case Management clinic or health center) that is run by a tribe, Indian Health Services, or an urban Indian Organization. See the next page for a list of Tribal clinics or health centers to see if there is one near you.
- ❖ You can choose a Healthy Options health plan and get your care from the doctors and other providers who are part of that plan.
- ❖ You can ask for an exemption: this means that you do not have to sign up for a health plan or for a Tribal clinic. If you ask for an exemption, you can go to any doctor or other provider who agrees to take your medical ID card (instead of asking you to pay for your care yourself). This is sometimes called fee-for-service or “open coupon.” Before you ask for an exemption, it’s a good idea to call the doctors and other medical providers you want to use to be sure they will take you as a fee-for-service patient (that they will accept your medical ID card).

What happens if some people in your household are American Indian or Alaska Native, and others are not?

Usually, family members on Healthy Options who are not American Indian or Alaska Native must be in a health plan. There is one exception. If a family member is American Indian or Alaska Native and signs up for a Tribal Clinic, the other family members can also sign up if the Tribal Clinic says it is okay.

Tribal Clinics

This page gives phone numbers for the Tribal Clinics (also called Primary Care Case Management) that are run by a tribe, Indian Health Services, or an urban Indian Organization.

<u>Tribe</u>	<u>County</u>	<u>Name of clinic</u>	<u>Phone number</u>
Any tribe	King	Seattle Indian Health Board	206-324-9360
Any tribe	Spokane	Native Health of Spokane	509-483-7335
Colville	Ferry	Inchelium Health Center	509-722-7006
Colville	Okanogan	Colville Indian Health Center* (Nespelem)	509-634-2900
Lower Elwha Klallam	Clallam	Lower Elwha Health Center	360-452-6252
Lummi	Whatcom	Lummi Tribal Health Center	360-384-0464
Makah	Clallam	Sophie Trettevick Indian Health Center*	360-645-2233
Nooksack	Whatcom	Nooksack Community Clinic	360-966-2106
Port Gamble S'Klallam	Kitsap	Port Gamble S'Klallam Health Center	360-297-2840
Puyallup	Pierce	Takopid Health Center	253-593-0232
Quileute	Clallam	Quileute Health Center	360-374-9035
Quinault	Grays Harbor	Roger Saux Health Center	360-276-4405
Shoalwater Bay	Pacific	Shoalwater Bay Tribal Clinic	360-267-0119
Spokane	Stevens	David C Wynecoop Memorial Clinic*	509-258-4517
Tulalip	Snohomish	Tulalip Tribes Health Center	360-651-4511
Yakama	Yakima	Yakama Indian Health Center*	509-865-2102

*Federally recognized tribal status must be verified to receive services at this site.